

ABSTRAK

Mahasiswa yang bekerja *part-time* dituntut agar dapat menyeimbangkan peran ganda mereka untuk menjadi mahasiswa dan pekerja. Ketidakmampuan dalam mengelola tantangan ini dapat memicu terjadinya *academic burnout*. Dalam menghadapi tantangan tersebut, *academic grit* mampu berperan sebagai mekanisme yang memantu mahasiswa dalam menjalankan peran ganda nya. Penelitian ini bertujuan untuk menganalisis hubungan antara *academic grit* dengan *academic burnout* pada mahasiswa yang bekerja *part-time*. Hipotesis yang diajukan dalam penelitian ini adalah hubungan negatif antara *academic grit* dengan *academic burnout* pada mahasiswa yang bekerja *part-time*. Subjek dalam penelitian ini berjumlah 112 mahasiswa yang bekerja *part-time*. Metode pengumpulan data menggunakan skala *Academic Grit Scale* dan *School Burnout Inventory*. Teknik analisis data menggunakan teknik korelasi dari Spearman's Rho. Berdasarkan hasil analisis korelasi *product moment* diperoleh koefisien korelasi (r_{xy}) = -0,175 dengan $p = 0,032$ ($P < 0,050$), berarti ada hubungan yang negatif antara *academic grit* dengan *academic burnout* pada mahasiswa yang bekerja *part-time*, hipotesis diterima. Koefisien determinasi (R^2) yang diperoleh dalam penelitian ini sebesar 0,0143 yang artinya variabel *academic grit* dapat mempengaruhi variabel *academic burnout* sebesar 1,43% dan sisanya 98,67% dipengaruhi oleh faktor lain.

Kata Kunci : *Academic grit, Academic burnout, mahasiswa part-time*

Abstract

Students who work part-time are required to be able to balance their dual roles as students and workers. Inability to manage these challenges can trigger academic burnout. In facing these challenges, academic grit can act as a mechanism that helps students carry out their dual roles. This study aims to analyze the relationship between academic grit and academic burnout in students who work part-time. The hypothesis proposed in this study is a negative relationship between academic grit and academic burnout in students who work part-time. The subjects in this study were 112 part-time students. The data collection method used the Academic Grit Scale and School Burnout Inventory. The data analysis technique used the Spearman's Rho product moment correlation technique. Based on the results of the product moment correlation analysis, the correlation coefficient (r_{xy}) = -0.175 with $p = 0.032$ ($p < 0.050$), meaning that there is a negative relationship between academic grit and academic burnout in students who work part-time, the hypothesis is accepted. The coefficient of determination (R^2) obtained in this study was 0.0143, which means that the academic grit variable can influence the academic burnout variable by 1.43% and the remaining 98.67% is influenced by other factors.

Keywords : *academic grit, academic burnout, students part-time*